



## **FERMENTED HEAVY WHIPPING CREAM**

### **INGREDIENTS**

2 pints organic heavy whipping cream  
4 tbsp SCD legal yoghurt or yoghurt starter

note: For strict SCD, it is recommended to avoid yoghurt starter containing *bifidus*.

### **INSTRUCTIONS**

In a medium saucepan, heat the heavy whipping cream at high heat until bubbles emerge on the edges of the pot. Turn off heat, place the lid on the pot, and let cool to room temperature (64-77° F / 20-25° C).

WARNING: If the cream is warmer than this temperature, it will kill the beneficial bacteria from the yoghurt.

In a small bowl, add yoghurt starter and a half cup of the cooled heavy whipping cream and mix well.

Add the mixture to the pot with the heavy whipping cream and stir well.

Add the mixture to your yoghurt maker according to the instructions. Ferment for at least 24 hours. Refrigerate for at least for two hours before using. Keep refrigerated.

Guten Appetit!